



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT  
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

# Tierrasanta Community Pool

11238 Clairemont Mesa Blvd • San Diego, CA 92124  
(858) 636-4837 • [www.sandiego.gov](http://www.sandiego.gov)

## Winter/Spring Program

**Effective:  
through June 20, 2008**

***NON-RESIDENTS MUST PAY TWICE THE RESIDENT RATE.***  
*Programs and fees are subject to change without prior notice.*



# City of San Diego Learn to Swim Program★

The Learn to Swim Program is designed to teach swimming to children through adults in a positive, fun and safe environment. The City of San Diego offers year-round swim lessons, placing the emphasis on logical skill progression, water safety awareness and endurance. Instructors are all certified by the American Red Cross.

Course descriptions and age ranges should be used as suggested guidelines for appropriate student enrollment. Parents should log on to <http://www.sandiego.gov/park-and-recreation/aquatics> for full description of all classes or contact the Pool Manager. Students may be more accurately assessed on the first day of class for their individual skills and abilities. Students may be transferred to a different class level or be required to repeat a class level. The Pool Manager should be informed of any special needs of the students before the first class session begins.

• **PRIVATE/SEMI-PRIVATE LESSONS** Private or semi-private classes are available for special needs or personal instruction. The instructor will focus on the skills suited for the participant. The Pool Manager can be contacted for more information and the scheduling of private lessons.

• **ADULT LESSONS** (ages 15 and up) Adults are taught individually and as part of a group in a multi-level class of students with varied skills from beginning through advanced.

• **PARENT/TOT** (6 months to 3 years\*) The instructors teach and demonstrate swimming techniques to the parents enabling them to safely assist the child in adjusting to the water and understanding pool safety rules. This class is taught with a positive approach placing an emphasis on fun and games.

• **TINY TOTS** (3\* to 5 years) Prerequisites: The child is able to understand and obey instructions. Songs and games allow Tiny Tots to adjust to the water and be introduced to basic skills. The class is conducted without parent participation.

• **ADVANCED TOTS** (3\* to 5 years) Prerequisites: Successful completion of Tiny Tots or the ability to perform Beginner One skills. Students continue to develop basic swimming skills and coordination while increasing water safety awareness.

• **SUPER TOTS** (3\* to 5 years) Prerequisites: Successful completion of Advanced Tots skills. Super Tots are introduced to the skill of side breathing and learn to swim greater distances both on their front and back sides.

\*Children age 3 and under are required to wear a tight-fitting "swimsuit diaper" or tight-fitting plastic pants under a swimsuit.

**CHILDREN SWIMMING LESSONS** (6 years and up) Lessons include Beginner 1, Beginner 2, Beginner 3, Advanced Beginner, Intermediate, Swimmer and Advanced Swimmer.

• **COMPETITIVE SKILLS I** The Competitive Skills classes are designed for the students interested in the fast track to joining the City of San Diego Swim Team without taking the standard progression of the Learn to Swim Program. The Competitive Skills classes teach swimmers all aspects of the strokes, turns and starts and prepares the swimmer for competition. Stroke alignment and balance will be taught in addition to biomechanics for the freestyle and backstroke competitive swimming strokes.

• **COMPETITIVE SKILLS II** Stroke styles, timing, balance, stroke alignment and bio-mechanics of the short axis strokes: butterfly and breaststroke, will be taught.



## SWIM LESSON

Swim lessons will not be held during the winter.

### Tuesday & Thursday

**Session 1 February 26 - March 20, 2008**

**Session 2 March 25 - April 17, 2008**

**Session 3 April 22 - May 15, 2008**

4:00 pm - 4:40 pm	TT*	AT/ST*
4:45 pm - 5:25 pm	B1/B2*	Comp. Skills*
5:30 pm - 6:10 pm	TT*	Adult*

### Monday ~ Thursday

**Session 4 June 2 - June 13, 2008**

4:00 pm - 4:40 pm	TT*	AT*	Beg 3
4:45 pm - 5:25 pm	ST*	B1	Comp Skills
5:30 pm - 6:10 pm	TT*	B2	Adult*

FEES:	Resident	Non-Resident
Large Group	53.75	\$107.50
*Small Group	\$80.75	\$161.50
Private Lessons	\$180.00	\$360.00
Semi Private Lessons	\$150.00	\$300.00

## WATER FITNESS

Adult/Senior Drop-in fee	\$9.50/class
Seniors/Disabled Discount Passes	\$2.50/class
Adult Discount Passes	\$9.00/class
Monday - Friday.	10:30 am - 11:30 am
Tuesday & Thursday.	6:00 pm - 7:00 pm
Saturday	11:00 am - 12:00 pm

## DEEP H2O WORKOUT

This challenging workout is conducted in deep water. Buoyant and resistive water exercise equipment is provided. Class includes warm-up, cardio-respiratory workout, strengthening and abdominal work, followed by a cool-down period. Deep water exercise is non-impact and provides resistance to all major muscle groups. (Participants must feel comfortable in deep water.)



## YOUTH WATER POLO★

Participants are introduced to basic water polo skills with emphasis on teamwork and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute.

**Starting February 5, 2008**

Tuesday & Thursday		4:30 pm - 6:00 pm	
February	\$13.20	April	\$14.85
March	\$13.20	May	\$14.85
		June	\$13.20



- All Aquatics programs, schedules and fees may change and/or be cancelled without notice.

## CSDS★

## City of San Diego Swim Leag

City of San Diego Swimming (CSDS) is a multi-cultural recreational swim organization for youth ages 5 - 17 years old, which offers a quality, safe and affordable program that is committed to developing well-balanced athletes who compete at the local level. The goal of CSDS is to encourage personal challenges through competition and organized practices; and to promote spirit by supporting each other, working together and HAVING FUN! Prerequisite for joining CSDS is successful completion of Competitive Skills I course or Pool Manager's approval.

### WHITE LEVEL

<i>Monday, Wednesday, Friday</i>		4:30 pm - 5:30 pm	
December		\$14.30	
January	\$13.20	April	\$17.60
February	\$16.50	May	\$13.20
March	\$16.50	June	\$20.90

### SILVER LEVEL

<i>Monday, Wednesday, Friday</i>		4:30 pm - 6:00 pm	
December		\$14.30	
January	\$19.80	April	\$24.75
February	\$23.10	May	\$18.15
March	\$23.10	June	\$28.05



★ A limited number of scholarships and fee waivers (based on financial need) are available. Please contact the Pool Manager for more information.

- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.



**NON-RESIDENTS MUST PAY TWICE THE RESIDENT RATE.**

## GENERAL INFORMATION

Specific lanes/areas will be designated for Lap/Recreational swimming, however, pool may be utilized for other programs during designated Lap/Recreational swim times.

### RECREATIONAL SWIM AND CHILDREN'S POOL

Monday - Friday	9:30 am - 1:00 pm 2:00 pm - 4:30 pm
Saturday	11:00 am - 3:00 pm

### LAP SWIM HOURS

Monday - Friday	9:30 am - 1:00 pm
Monday & Wednesday	2:00 pm - 4:30 pm 6:00 pm - 7:30 pm
Tuesday & Thursday	2:00 pm - 7:30 pm
Friday	2:00 pm - 6:30 pm
Saturday	11:00 am - 3:00 pm

### Starting February 11, 2008

Monday, Wednesday Friday	6:30 am - 9:00 am
Monday - Friday	9:30 am - 1:00 pm
Monday - Thursday	2:00 pm - 4:30 pm 6:00 pm - 7:30 pm
Friday	2:00 pm - 6:30 pm
Saturday	11:00 am - 3:00 pm

### POOL CLOSED

Sundays	February 18, 2008
December 24, 25 & 31, 2007	March 31, 2008
January 1 & 21, 2008	May 19 - 23, 2008

### FACILITY ADMISSION FEES

Adults (16 years & older)	\$5.00/swim
Child/Disabled/Senior (62 & older)	\$1.50/swim

All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee.

- Discount passes are available for purchase and can be used at all City pools (passes expire one year from the date of issue).
- Children under 7 years of age or less than four feet tall must be accompanied by a paying parent or responsible adult in a swimsuit at all times. While in the water, a parent or responsible adult must remain within arms reach of the child.

### SAFETY CHECKS

There may be ten minute safety checks conducted every half hour or every hour during Recreational Swim hours.

## RENTALS

All City pools are available to rent for exclusive or shared use (birthday parties, school activities, athletic team activities, company parties, special events, etc.). More information may be obtained from the Pool Manager.

### EMERGENCY TESTING

All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated.

### REFUND POLICY

Extra care should be given to the selection of classes. There are NO REFUNDS. Class transfers or credit towards another aquatic program may be requested and must be authorized by the Pool Manager. Full refund will be granted only if the class is canceled by the Pool Manager.

### VOLUNTEERS NEEDED!

Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit [www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml](http://www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml) or contact the Volunteer Office at (619) 685-1324.

### DONATIONS

By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director CPII Division, (619) 685-1306.